

No Litter - Please
Leave No Trace

Compass



Medium Portumna

Permanent Orienteering Course

Scale 1:10,000 (1cm = 100m)



Original Surveys 19996 and 2005
Updated by Frank Ryan 2011

Course Medium, Length 3.0 km

Start Road N End

1. 33 Wall E End
2. 34 Road/Path Junction
3. 43 Pond
4. 44 Road/Wall Junction
5. 46 Ruin
6. 47 Tree Root
7. 48 Hilltop
8. 49 Hilltop
9. 50 Spring Source
10. 51 Ruin
11. 52 Path/Wall Junction

450 m from last control to finish. No tapes



Legend

	Main Road		Knoll / Hill		Open Land
	Forest Road		Depression / Pit		Rough Open Land
	Vehicle Track		Earthbank		Forest Easy Run
	Small Path		Low Earthbank		Forest Slow Run
	Narrow Ride		Escarpment		Forest Difficult Run
	Stone Wall		Gully		Forest Very Difficult
	High Stonee Wall		Contour		Vegetation Slow
	Fence		Stream / Footbridge		Vegetation Difficult
	High Fence		Group of Boulders		Tree Root
	Building / Ruin		Cairn		Spring
	Boulder Lge / Small		Clearing		Stoney Ground
	Lake		Single Tree		Paved Area
	Marsh		Bush		Settlement
	Water Course				

Orienteering is an adventure sport that involves traversing rough and uneven terrain, paths and tracks, WEGO orienteers does not accept responsibility for any injuries incurred www.wego.orienteering.ie
Email: wego@orienteering.ie The co-operation of Coillte Teo. is gratefully acknowledged. Based on the Ordnance Survey by permission of the Government (6216)

Find the controls shown in the order shown on the map - note the numbered code on the marker post in the corresponding box below

- | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 |
|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|

Name

Today's Date

There are 11 controls for you to find on this Adventure Challenge.



Control Point 1 – Sounds in the forest.

At this control, you are going to record what you can hear around you. Can you identify 5 separate sounds?. Are they natural sounds or manmade sounds?



Each sound scores 3 points.

Answer 1: _____

Answer 2: _____

Answer 3: _____

Answer 4: _____

Answer 5: _____

Control Point 2– The Squirrel

This is a stand of Scots pine. A tree that was once native to Ireland. But many of today's stands are from seed imported from Europe. Very distinctive red bark and the timber is known as red deal.

It's an ideal habitat for red squirrel as their food comes from pine/spruce cones and nuts. Red squirrels from here in Portumna were translocated to Connemara and have successfully bred and increased in numbers since then. For more information visit www.npws.ie.

A Red squirrel stashed 310 hazel nuts for the Winter. A Grey squirrel found the stash and ate 50% of the nuts. A wood mouse ate another 50 nuts. Eventually the Red squirrel visited his stash and ate 100 nuts before feeling quite ill. How many nuts were left to germinate and grow into trees?

Correct answer scores 15 points.



Answer: _____

Control Point 3– Leave No Trace



Have you heard of the Seven Principles of Leave No Trace? They are listed below; think of a reason for each principle that shows why it is important to practice Leave No Trace

1. Plan Ahead and Prepare

2. Be considerate of others

3. Respect Farm Animals and Wildlife

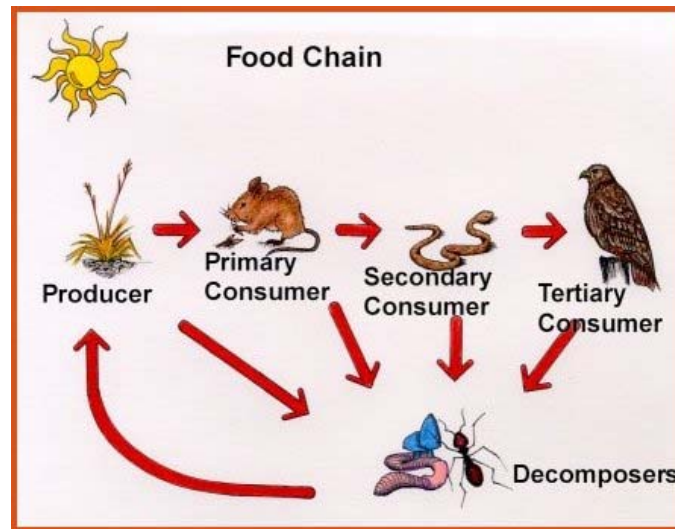
4. Travel and Camp on Durable Ground

5. Leave What you Find

6. Dispose of Waste Properly

7. Minimise the Effects of Fire

Control Point 4 – Food Chains



All the energy in the woodland originates from the sun. Green plants use photosynthesis to turn this energy into leaves and branches that are eaten by herbivores. These, in turn, are eaten by carnivores. Draw two food chains using the animals and plants that you have seen evidence of today.

Sun	→	Plant	→	Herbivore	→	Carnivore
Sun	→		→		→	
Sun	→		→		→	

Control Point 5 – Bats

Did you know that there are ten species of bat in Ireland? Leisler's, Common pipistrelle, Soprano pipistrelle, Daubenton and Natterers are the names of a few . They are usually seen at dusk. These often misunderstood mammals are very intelligent, long-lived creatures. Although many die in their first year and the average lifespan in the wild is four years, some will live up to 40 years and beyond. All the Irish species give birth to only one offspring. It is also worth noting that a tiny pipistrelle can catch up to 3,500 midges per night!

1. Where do bats normally live .
- 2 You often heard as "blind as a bat" . How do they navigate their way around.
3. Are bats a protected species .

Each right answer scores 5 points.

1. _____

2. _____

3. _____



Leisler's Bat© Phil Richardson

Control Point 6 –Directions

This exercise is to be carried out whilst stationary at the control point.

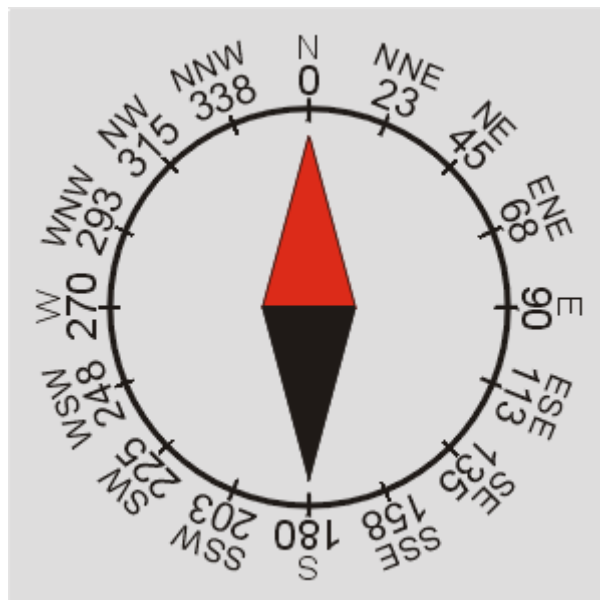
Facing due north, list the Control Points that are in the following directions.

1. 50 degrees NE _____

2. 90 degrees E. _____

3. 135 degrees SE. _____

Each correct answer scores 5 points.



Control Point 7 – Forest Layers

There are four main forest layers in the woodlands around Portumna forest park. Can you identify them in the woodland around you or as you walk back to the car park?

Canopy

The highest layer, formed by the leaves and branches of the highest trees



Shrub

Up to 2 metres high, formed by larger woody plants, small trees, brambles and flowering bushes



Field

Tender or annual plants, ferns and herbs



Ground

Mosses and creeping plants



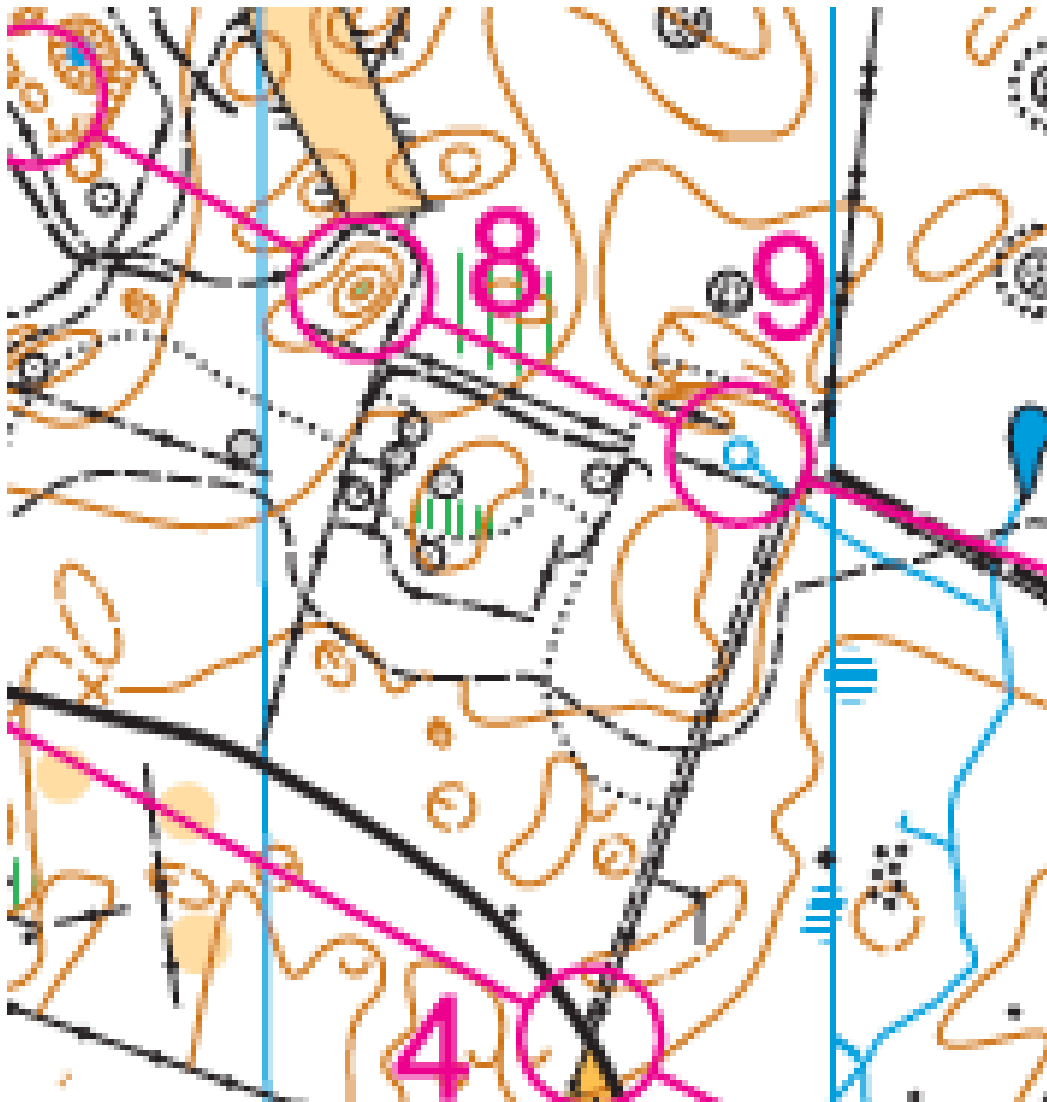
Identify two plants in each layer in the forest around you:

Canopy	1.	2.
Shrub	1.	2.
Field	1.	2.
Ground	1.	2.

Control Point 8 – The Map

Contour lines depict areas of equal height above sea level. The contour interval on this map is 2.5m. That means that 2.5 metres of vertical height is gained in the distance between each contour line. What is the difference in height between top of hill on control point number 8 and source of spring at control point 9.

Correct answer scores 15 points.



Control Point 9 – Fencing calculation

The forest area within a piece of fence is 32,000 m² (or 3.2 hectares). If the area is rectangular in shape, and one side measures 160m, what is the length of the other side?

Ans: _____

How many metres of fence are required to enclose the entire area?

Ans: _____

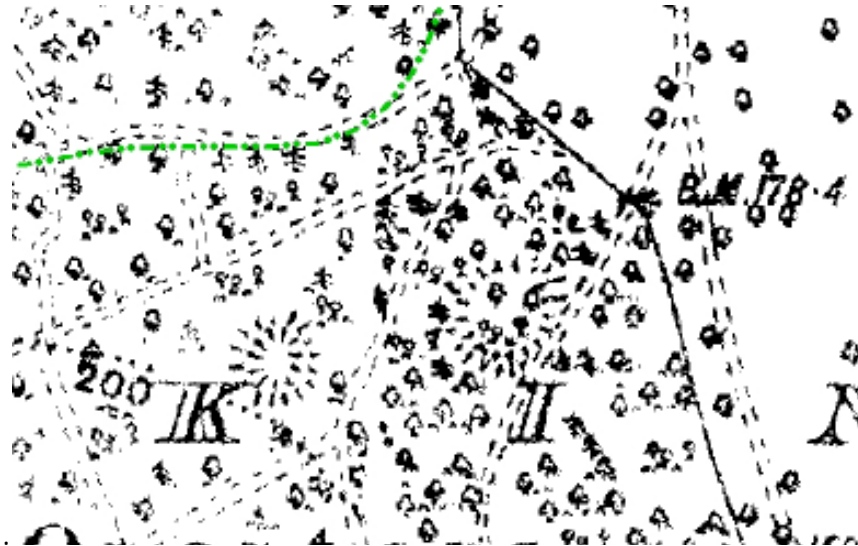
If there is a wooden post supporting the fence every 5 metres, how many posts are required to erect the entire fence?

Ans: _____

Each correct answer scores 5 points.

Control Point 10 – Map Reading

Part of the skills required for Orienteering is map reading. Hereunder is a Ordnance map from a forest location. Examine closely and see the differences with orienteering maps. Roads are broken double lines. Tree symbols are also shown. Use your skill to answer the questions and if you don't know the answer find out.



1. What does BM.178.4 mean.
2. What does 200 on the dotted line denote .
3. What do the two circles denote (one beside K)

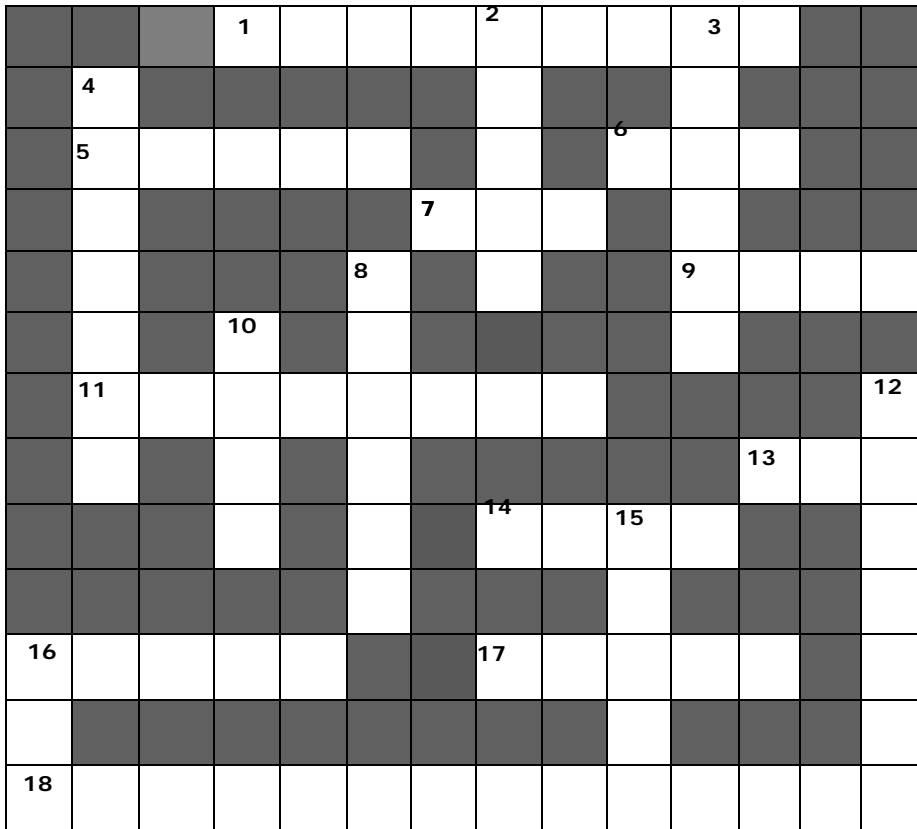
Each correct answer scores 5 points.

1. _____

2. _____

3. _____

Control Point 11. Crossword.



Across

1. Portumna Forest park is located on the shores of which lake? (9)
5. A semi-aquatic mammal that lives on river banks and lake shores and feeds on fish and shell fish. (5)
6. A nocturnal bird. (3)
7. A species of tree that suffered from a Dutch disease a number of years ago.(3)
9. An amphibian. (4)
11. A woodland animal of which there are Red and Grey in Ireland. (8)
13. Home of the fox. (3)
14. Part of tree or plant that supports leaves and branches. (4)
16. A girl's name but also the name of an native Irish woodland tree. (5)
17. This course fish can be found in lakes ? (5)
18. The process by which plants make food and produce oxygen using light energy trapped by chlorophyll is called? (14)

Down

2. This tree has red berries and also a Christmas decoration. (5)
3. What water sport can you undertake on Lough Derg?(6)
4. What piece of equipment does an orienteer use to navigate or tell what direction they're going in? (7)
8. This element is stored in plants and soil in the forest. (6)
10. A male fallow deer. (4)
12. Small creatures that can be found on the forest floor. (7)
15. What trees are planted into, also a planet. (5)
16. The fruit of the wild rose or dog rose is what? (3)

Question	Answer		Total
Q 1	Sounds in the forest.		<hr/> 15
Q 2	The Squirrel.	5 nuts.	<hr/> 15
Q 3	Leave no trace.		<hr/> 15
Q 4	Food chains		<hr/> 15
Q 5	Bats	1 In old buildings, attics, under bridges and crevices. 2 Sound. 3. Yes.	<hr/> 15
Q 6	Map Reading directions	Control point. 7 Control point. 9 Control point . 5	<hr/> 15
Q 7	Forest layers.		<hr/> 15
Q 8	Map reading.	7.5 metres.	<hr/> 15
Q 9	Fencing calculation.	1. 200 metres. 2. 720 metres 3. 144 stakes.	<hr/> 15
Q 10	Map reading.	1. Height above sea level. 2. 200 metre contour. 3. Ring fort.	<hr/> 15
Q 11	Crossword.	Across 1. Loughderg 5. Otter 6. Owl 7. Elm 9. Newt 11. Squirrel 13. Den 14. Stem. 16. Hazel. 17. Perch. 18. Photosynthesis Down 2. Holly. 3. Rowing 4. Compass 8. Carbon 10. Buck 12. Insects 15. Earth 16. Hip	<hr/> 15
Total			<hr/> <hr/> 165.